

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: October-04-15 12:55 PM
To: Fran Craig; Steve Baird; Blake Christie; Brian Hill; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #401

Carleton Masters Swimming Newsletter #401

Sunday, October 4th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (38 addresses), 6pm Whitecaps I (38 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (3 addresses), Masters "Alumni" (30 addresses), plus those registered for Fall/Winter/Spring/Summer/Alumni 2014-2015 (65 addresses)

Overheard at the pool: "The ball I chose for the 'ball under the chin' breaststroke drill is really the Snitch from a game of Quidditch."

"Don't wait for the perfect moment. Take the moment and make it perfect." – Zoey Sayward

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 19th**.
- There are **no swims Mon Oct 12th** (Thanksgiving). Athletics facility hours for that date are here: <http://athletics.carleton.ca/2015/facility-update-thanksgiving-hours/>.
- The Fall 7:30am and 6pm groups are full. Wait lists are available. There are just 2 spots left at 8:30am, and 7 at 7:10pm. (Still lots of room on Saturdays.) Please let me know if you are on a wait list.

Masters Swimming Ontario (MSO) Registration

If you would like to enter any Masters swimming competitions this season, you must register with Masters Swimming Ontario as a member of Carleton University Masters. The cost is **\$38** (cheque or cash payable to me, Lynn Marshall) for all meets between now and the end of 2016. Payment can be given directly to me or any of the other coaches. If you are registering with MSO as a Carleton Masters swimmer for the first time, I also need:

- name (as you would like it on swim meet programs and results)
- gender
- date of birth
- full address (including postal code) and phone number

Those registered with MSO as a Carleton Masters swimmer for 2014-2015, your current registration is good until December 31st, but if you renew now you won't forget!

Swimmer Notes

Swimmer Updates:

- Thanks to everyone who was able to attend the get together for **Alan Hunt** on Fri Oct 2nd, after the 8:30am Earlybirds workout. For health reasons Alan's 26 years as a Carleton Masters swimmer have sadly come to an end. We had an excellent gathering with a card and framed certificate for Alan, along with dessert for all. A big thank you to **Lucie Boudreau, Colette Kenney, Natalie Aucoin, and Dawn Walsh** for their help in organizing the event.

- **Anne Trepanier** (x-8:30am Earlybirds) reports from Rome that she is swimming with a triathlon group in the Olympic outdoor pool (in a bikini!) – we are jealous! Their Masters team sounds very "hard core". After five tryouts (in the slowest lane!), they decided that she fit in better with the (slower) triathlon group!

- **Sauna Update:** The work on the women's sauna is starting shortly. A wall is in place to allow the workmen to access the sauna without closing the change room. A timeline for completion isn't yet available, but things are moving forward!!

- This coming week is "Butterfly Week"! As Carleton Masters swimmers will be working on butterfly drills this week, Carleton (Biology) is having a **Butterfly Show: Sat Oct 3rd to Mon Oct 12th 9am-4pm Nesbitt Greenhouses** (opposite Robinson Hall, a block from Athletics). The 10 day show features 1300 butterflies representing 41 different species worldwide. More details here: <http://carleton.ca/biology/annual-butterfly-show/>.

- **Go ENG Girl:** An opportunity for Grade 7 to 10 girls and their parents to learn about Engineering: **Sat Oct 17th 9am-1pm, Minto Centre**. Details and registration here: eng.carleton.ca/go-eng-girl.

- Masters Swimming Ontario is hosting its first annual speaker series in Toronto on **Sat Nov 7th**: <https://www.mastersswimmingontario.ca/events/msc-1st-annual-speaker-series-november-7-2016/>. The next day, **Sun Nov 8th at 9:30am** is the Masters Swimming Canada AGM: http://mymsc.ca/Features/201509/2015AGMNotice_en.pdf.

- Interested in learning more about Masters Swimming Canada (MSC) and its relationship with Swim Canada? **Chris Smith** (a long time Masters swimmer, board member, and swim official from Toronto) has put together some documents on "**MSC Structure and Relationships**." If you'd like to see these, let me know (about 10 pages total).

- **Job ad for students: Meredith Curren** (Whitecaps) is looking for a responsible young person (or a dog loving master!) to walk her dog Xavier 2 to 3 times a week during the workday, for about 20-30 minutes per walk. Xavier lives near Riverside and Uplands. Please contact **Meredith** directly at meredithc@rogers.com if you're interested!

- **Parking Lot 5 Closures for Home Football Games:** Note that there will be home football games on **Fri Oct 9th and Sat Oct 24th**. Parking Lot 5 will likely be closed or partly closed for most or all of the day on those dates. Those with parking passes will be allowed to park in other lots, but allow a little extra time!

- **Norine Naguib** (7:30am Earlybirds, norine.naguib@gmail.com) is looking for a squash partner to play at Carleton on Monday or Tuesday evenings for an hour between 6pm and 8pm. She says that she is a new and mediocre player but motivated to elevate her game with someone more seasoned.

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week at the Bob MacQuarrie Pool in Orleans on Sundays from 4:30-5:30pm. Please pass this on to anyone else who may be interested. For more details, contact **Mélanie Héroux** at: saku_fan@hotmail.com.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



News and Links:

- Oct 31st 1pm: Vampire Swim Fundraiser: 25m "swim" at Britannia Beach for Canadian Blood Services: <https://www.facebook.com/events/1053287118037677/>

- A Great Way to Get Excellent Dry Land Training Advice: <http://athletics.carleton.ca/2015/join-the-raven-fit-program/>

- Why the Fundamental Law of Inertia Matters in Swimming: <http://swimswam.com/why-the-fundamental-law-of-inertia-matters-in-swimming/>

- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/09/25/this-week-in-food-health-and-fitness-25/> and <http://www.sheilakealey.com/2015/10/02/this-week-in-food-health-fitness-3/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Fall Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Mits coached for **Sean** on **Mon Sept 21st**. **Sean** coached for **Mits** on **Tue Sept 22nd**, and **Sean** coached for **me** on **Fri Sept 25th**.

Fin Days:

Tue Oct 27th / Wed Oct 28th

Thu Nov 26th / Fri Nov 27th

Time Trials:

Thu Oct 15th / Fri Oct 16th: 400fs or IM

Thu Oct 22nd / Fri Oct 23rd: two 50s choice

Mon Nov 2nd: 200 choice

Tue Nov 17th / Wed Nov 18th: 800 / 1500fs

Tue Dec 1st / Wed Dec 2nd: 100 choice

Thu Dec 17th / Thu Dec 18th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall15.pdf>.

Here are the weekday attendance stats to date. Those with the best attendance will receive certificates. Let me know of any errors!

7:30am Earlybirds: Sept 9-Oct 2nd; 11 workouts; range: 17-28; average: 23.5

Perfect Attendance: **Bruce B, Christian C, Jamie C, Jessica T, Margaret K, Mike M, Susan N-Y, Ursula S**

8:30am Earlybirds: Sept 9-Oct 2nd; 11 workouts; range: 21-31; average: 26.1

Perfect Attendance: **Amir B, Colleen H, Lorne M, Mark B**

6pm Whitecaps: Sept 8-Oct 1st; 11 workouts; range: 19-32; average: 25.5

Perfect Attendance: **Cam D, Dave G, Elaine Y, Francois P, Joanne D**

7:10pm Whitecaps: Sept 8-Oct 1st; 11 workouts; range: 11-21; average: 16.4

Perfect Attendance: **Monica F**

Ask the Coach

Dear Coach: I'd like to try swimming as far as I can underwater. Why do you think this is a bad idea? Good Lungs

Dear G. Lungs: Hypoxic training, where you go long periods of time without breathing, can be dangerous. Here's an article with a few examples: <http://swimswam.com/near-tragedy-in-illinois-reminds-coaches-of-dangers-of-hypoxic-training/>.

Dear Coach: I'm confused by the main set. How do I know when to stop and for how long? New Swimmer

Dear N. Swimmer: If anything is unclear, just ask. Normally the main set will consist of repeats of various distances which may or may not be the same length. For example if we write 3 x 100, you would swim 100m three times, stopping after each 100m repeat. Usually your lane will be given a pace time, for example 2:30. If it took you 2:00 to swim 100m, you would get 30 seconds rest, and start the next 100m after 2:30 had elapsed. If it took you 2:25, you would get only 5 seconds rest. Instead your lane might be given a rest interval, e.g. 20 seconds. In that case you would rest for 20 seconds after each 100m.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2015-2016 is now available: cost \$38.** Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sat Oct 24th Brossard Masters Meet, Montreal <https://www.swimming.ca/en/meet/18461/>

Sun Nov 1st Levis Masters Meet <https://www.swimming.ca/en/meet/18574/>

Sun Nov 8th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-8-2015/>

Sun Nov 8th Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/semi-serious-nov-8-2015/>

Sun Nov 15th Cote St-Luc Masters Meet, Montreal <https://www.swimming.ca/en/meet/18297/>

Thu Nov 19th Elliot Lake Masters Meet (TBC)

Sat Nov 21st Swim Ottawa Meet, Brewer Pool (date confirmed; details TBA)

Sat Nov 21st Coupe de Quebec, Claude Robillard Pool LC, Montreal (TBC)

Sat Dec 5th Montreal Nord Masters Meet <https://www.swimming.ca/en/meet/18260/>

Sun Dec 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-6-2015/>

Sat-Sun Dec 5-6th Ste-Foy Masters Meet (TBC)

Sun Dec 6th Clarington Masters Meet (TBC)

Sun Dec 13th North York Pentathlon <https://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-dec-13-2015/>

Sun Jan 17th U of T Masters Meet (TBC)

Sun Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>

Sat Jan 24th Pointe Claire Masters Meet (TBC)

Sat-Sun Feb 6-7th Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>

Sun Feb 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/>

Sun Feb 7th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>

Sat-Sun Feb 13-14th La Salle Masters Meet, Montreal (TBC)

Sun Feb 21st Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>

Sun Feb 28th Cote St-Luc Masters Meet, Montreal (TBC)
Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/>
Sat Mar 12th Dollard-des-Ormeaux, Montreal (TBC)
Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>
Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/>
Sat Apr 23rd All Out Swim LC, Toronto (TBC)
Fri-Mon May 20-23rd Nationals (TBC)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>
Sat Aug 14th Elma Couture Open Water Swim, Welland <https://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-aug-14-2016/>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Sun Sept 20th Army Half Marathon Run (21.1k; 7364 participants)

Congratulations to **Susan N-Y** on a good race and top 10 finish! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=22877>.

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 864th overall; 128th woman, and 9th in category in 1:45:32.7 (1:45:22.1)

Sun Sept 20th Niagara Falls Barrleman Half Triathlon (1.9k/90k/21.1k; 496 participants)

Congratulations to **Lucie** and **Jordan** on their podium finishes. **Jordan** led most of the way through the race! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=27385>.

Jordan Monnik (8:30am Earlybirds; Pro): 2nd overall; 2nd man, and 2nd in category in 4:08:41.9 (28:03 swim)

Lucie Boudreau (x-8:30am Earlybirds; 55-59): 284th overall; 62nd woman, and 3rd in category in 6:04:16.4 (46:56 swim)

2015 Statistics Summary: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **June 23rd**).

Private and Semi-Private Masters Swim Lessons

For Fall, lessons are available at the following times:

Monday 9:40-10:40am

Friday 9:40-10:40am

Additional lunch-time/afternoon/evening lessons should be available the last week of October and in December. Details will be circulated once they are available.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Reminders

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. Note that the 8:10pm group will not run this year due to low registration. As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2015: Tue Sept 8th to Sat Dec 19th; no workouts Mon Oct 12th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10100; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10101; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10106; cost \$156+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10108; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10102; cost: \$58+HST

Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+HST

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>